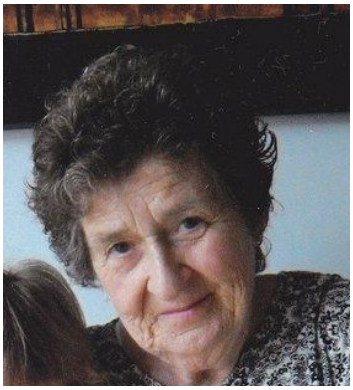
(LCN Connections Issue 4 - August 2012)

MY EXPERIENCE WITH SUPERCONSCIOUS WRITING

by Margaret Currie, Australia



The word superconscious is a recent word in my vocabulary. Having experienced it I will try to describe as simply as I can what it is. We have heard of conscious and subconscious, but why then is there superconscious? Super is more than, which describes the closest meaning of that word. Therefore superconscious must mean more than ordinary consciousness.

Neither of my dictionaries list it as a word but make no mistake as we grow to understand we have untapped abilities, the word will become commonplace.

Some may know it as the Universal Mind or even flow. Whatever name you feel comfortable with is beside the point.

When we tap into that part of ourselves where we have access to all knowledge our abilities flow effortlessly.

I learned superconscious writing by taking one of Michael Rowland's courses. (www.successlovefreedom.com.)

Writing has been a great love of mine for many years. However, there were times when the creative juices dried up and made writing really hard work. I now know I was creating alone without the aid of the Universal Mind.

Where that information came from, absolutely certain I did not know that fact before I wrote it. I believe now I had unwittingly entered the superconscious state allowing the information to flow through to consciousness.

Great athletes have experienced flow. Ordinary humans in extraordinary circumstances have achieved the state of flow where super human feats were effortlessly achieved. Great musicians have achieved this altered state that gives them powers they don't normally access.

So, you must be saying with frustration, how do I achieve this union with the Universal Mind?

Michael Rowland swears by chanting. I live in a complex where the houses are closer than normal housing. Making a lot of noise is not an option. As I have meditated using the Transcendental Meditation method for many years, that is my preferred technique.

Whatever alters your normal state of consciousness to achieve this new way of writing is worth trying.

There is one very important emotion that needs to be gently put to one side and that is doubt. Doubt can sneak upon you without words. It can be as subtle as a slight tightening of your diaphragm.

It is also important to understand that practice makes perfect. In the beginning I started with a few words. Gradually I found myself writing short stories as my mind truly accepted I could use unseen help. This became a frustration as I was four chapters into another Science Fiction novel and did not want to be side-tracked into endlessly writing short stories.

Before I began a meditation session, I would insist it be material for the current novel. Over the next few days I received pages of material, which will be of use later on. In the meantime I needed it to follow on from what I had written the day before. I hope this information will help you to side step some of the learning stages I went through. It is a partnership with the Universal Mind. How much easier and more enjoyable my writing has become.

I say to all those who have thought of writing, suspend your skepticism and start writing the first word, then the next and the next. Ignore the ego that fears it is losing control and just write the first word that comes to mind.

Once you have experienced the ease of writing in this manner you will never look back and the ego will willingly come along for the ride.